

KAI LELEI - EAT WELL

For Pasifika, health is how you feel, your strength, and your connection with family. Here are six tips that can help you nourish your and your family's health and wellbeing:

KEEP UP YOUR VEGGIES AND FRUIT

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I started adding frozen veggies to leftovers for lunch to give my body more goodness.



AIM TO EAT BREAKFAST, LUNCH, AND DINNER TO KEEP YOU SATISFIED

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When I eat breakfast, I have much more energy for my day.



INCLUDE WATER AS YOUR FIRST CHOICE FOR HYDRATION

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Our family chooses to drink water with meals. It is safe and good for everyone.



LEARN AND RESPOND TO YOUR BODY'S HUNGRY AND FULL CUES

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Before I reach for seconds I ask myself - am I feeling full? Or am I still hungry?



LESS READY-TO-EAT PACKAGED FOODS AND TAKEAWAYS

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This winter we have been cooking more food at home, and have noticed we don't get sick as often.



IT'S EASIER TO EAT HEALTHY WHEN YOU PLAN YOUR MEALS

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Having a meal plan for the week and taking leftovers for lunch saves our family a lot of time and money.

